

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. The subjects were divided into three groups based on their level of physical activity during the previous year: sedentary, moderate, and vigorous. The prevalence of low back pain was determined by a self-report questionnaire. The results showed that the prevalence of low back pain was significantly higher in the sedentary group than in the moderate and vigorous groups. This suggests that physical activity may be a protective factor against low back pain.

David A. Lambertson

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